



## March Newsletter from Springhouse

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**The next Care to Care Support Group will be held on Wednesday, March 13, 2013 at 6:30 pm. The topic is: "Understanding Problem Behaviors."**

### **CEU Breakfast Series**

**Please join us on  
Wednesday, April 3, 2013**

**"Eligibility Options for  
Community Mass Health"**

**Presented by  
Patricia D'Agostino,  
Attorney at Law,  
Margolis and Bloom**

**March 2013**

### **Scams, Fraud and Identity Theft Presentation**

Please join Springhouse Senior Living on March 28, 2013 at 2:00 p.m. for an informative talk on scams, fraud and identity theft. The presentation is sponsored by the Better Business Bureau. They will discuss how seniors can better protect themselves from scams, how to give wisely to charities and what are the recommended Better Business Bureau standards of trust. The presentation is free and open to the public. Please visit the Better Business Bureau's Senior Awareness Program:

<http://central-westernma.bbb.org/seniorawareness>

Please call [\(617\) 522-0043](tel:6175220043) to register for this event.

### **Volunteer Appreciation Banquet**

On Tuesday, February 5th, Springhouse hosted our annual Volunteer Appreciation Banquet. This evening honored both residents and members of the greater community who generously gave their time to serve Springhouse throughout 2012. Over thirty volunteers attended and were treated to a delicious dinner and desserts courtesy of the dining services department at Springhouse. Following dinner, each of the volunteers was acknowledged for their contributions to Springhouse and given a small token of our appreciation. Allen

**Breakfast 8:00 a.m.**  
**Presentation**  
**8:30 a.m. - 9:30 a.m.**

**CEU available for social work  
only.**

### Contact Us

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### Employee Directory

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**Kristen Woulfe**

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**Steven Elliott**

Dining Services Director

House Activity Coordinator, Melody Boyd shared her creative songwriting talents and performed a special version of "Thanks for the Memory" she had crafted for the occasion. From serving on the Resident Council, to running weekly groups such as Current Events, Yiddish Club and Bingo, to bringing in therapy dogs and sharing musical programs, our volunteers bring so much life and joy to the Springhouse community! We truly appreciate everything they do!



If you are interested in joining our team of valued volunteers, please contact Meredith Griffiths, Therapeutic Program Director at [mgriffiths@springhouseboston.org](mailto:mgriffiths@springhouseboston.org).

### The Importance of Thyroid Health

The American Association of Clinical Endocrinologists estimates that 30 million Americans suffer from thyroid conditions, and more than half remain undiagnosed. Women are seven to ten times more likely than men to suffer from hypothyroidism, a condition where the thyroid gland is not producing enough hormone. Symptoms include, weight gain, hair and skin changes, forgetfulness, constipation, sore muscles and lack of energy. It can cause cognitive impairment and depression in older people. The risk of developing hypothyroidism is greatest for women over 50, and the risk increases with age.

If you are over 50 and experiencing any of these symptoms here are some quick checks you can do at home, or speak with your doctor about.

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**Share The Newsletter With  
Someone You Know**

If you are receiving this newsletter and know someone who would enjoy reading about Springhouse news, simply forward this newsletter to their email address and ask them to click on the "Join Our List" button directly above this box.

- Do a neck check. The first sign of a problem can be a lump or enlargement of the small gland in the lower front area of your neck.
- Get your thyroid tested. If you suspect a thyroid problem, ask your doctor to do a blood test for thyroid stimulating hormone (TSH) as well as for thyroid antibodies.
- Monitor your cholesterol. High cholesterol that is unresponsive to diet, exercise or medication can be a sign of an underactive thyroid; unusually low cholesterol may be a sign of an overactive gland.
- Consider cognitive changes in older adults.
- Remember: Same/same/same. Take the same dosage of the same medication at the same time every day.

**Learn How to Downsize Your Home, but Not Your Wallet!**

Springhouse Senior Living and Movers & Stagers invite you to a special encore presentation on March 6th. Learn how to move from a large house to a smaller apartment from the experts. You will find out how to time the listing of your home to maximize sell-ability, stage your home to attain highest price and use a moving coordinator to pack, move, unpack and set you up in your new home! This is a community event. Please call [\(617\) 522-0043](tel:6175220043) to reserve your space. This event begins at 12:30 and lunch will be provided.



## Learn How to Downsize Your Home, But Not Your Wallet!

February 13, 2013 or March 6, 2013

Come enjoy a delicious meal and learn how to:

- Time the listing of your home to maximize sellability
- Stage your home to attain highest price
- Use a moving coordinator to pack, move, unpack and set you up in your new home, stress free!

*Springhouse*  
Senior Living Community

